

## Amy's Winter Training Plan

Other goals - add in a couple of row sessions each week along with another rpm session weekly IF possible.  
Daily PT running exercises (apx 20 min) and stretching before/after running.

Mo	Tu	We	Th	Fr	Sa	Su	Totals
Dec 25 BodyPump rpm	Dec 26 RUN (4) ✓	5.5 Dec 27 EASY RUN (6) intervals	Dec 28 <del>RUN (4)</del> RPM yoga	Dec 29 BodyPump rpm	Dec 30 RUN (8) ✓	Dec 31 rpm	22 miles 17.5
Jan 1 BodyPump YOGA	Jan 2 MITHACAL MILES 5 miles	Jan 3 EASY RUN (6) ✓	Jan 4 RUN (4) RPM	Jan 5 BodyPump	Jan 6 <del>GORE</del> RUN (8) ✓ TM	Jan 7 <del>GORE/TRAVEL</del> <del>HOME</del> Crawford (30) BP (90 min) (run 4)	~22 miles 27
Jan 8 <del>BodyPump</del> YOGA 2.5 run	Jan 9 MITHACAL MILES 5 miles	Jan 10 EASY RUN (6) BodyPump	Jan 11 RUN (4) RPM	Jan 12 JAY/Travel RUN (0) BP	Jan 13 <del>JAY</del> RUN (6)	Jan 14 JAY	~25 miles 24
Jan 15 JAY/Travel run 6 BP	Jan 16 MITHACAL MILES	Jan 17 EASY RUN (6) ✓	Jan 18 RUN (4) RPM	Jan 19 BodyPump	Jan 20 WF/TRAVEL mile race	Jan 21 WF/TRAVEL	~29.7 miles 17
Jan 22 BodyPump YOGA	Jan 23 MITHACAL MILES 4 miles	Jan 24 EASY RUN (6) ✓	Jan 25 RUN (4) RPM Travel	Jan 26 <del>BodyPump</del> 5 miles Jay	Jan 27 <del>SKI TBD</del> Jay	Jan 28 <del>SKI TBD</del> Jay	~28.7 miles 15 miles
Jan 29 BodyPump YOGA run 3 miles	Jan 30 MITHACAL MILES 1.6 miles	Jan 31 EASY RUN (4) ✓	Feb 1 RUN (5) RPM	Feb 2 BodyPump Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest	Feb 3 E Area All State Run (5) run 6	Feb 4 E Area All State Run (9) 7 miles	~32 miles 31 miles
Feb 5 BodyPump YOGA rpm	Feb 6 MITHACAL MILES 5.1 miles	Feb 7 <del>EASY RUN (5)</del> 30 min cycle	Feb 8 <del>6 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest</del> RPM	Feb 9 <del>BodyPump</del> RUN (4) rest	Feb 10 <del>SK 11 miles</del> GORE/Travel HM Practice: 6 miles easy, 5 miles at goal pace, 2 miles easy Hotel TM 5m	Feb 11 GORE/Travel Run (3) run 5 SG 7m	~31 miles 15.01
Feb 12 BodyPump YOGA rpm	Feb 13 MITHACAL MILES run before Cabaret 6m	Feb 14 <del>REST</del> 4.1 m	Feb 15 RUN (7) RPM 4.1 m	Feb 16 BodyPump Run (6)	Feb 17 ASPEN/Travel LONG Run (13) steady effort	Feb 18 ASPEN 4.6 Condo tm	~26 miles 28.3
Feb 19 ASPEN 17 m DH Ski 5 m TM	Feb 20 ASPEN 5 m TM 17 m DH Ski	Feb 21 ASPEN 25 m DH Ski	Feb 22 ASPEN 5 m TM 27 m DH Ski	Feb 23 ASPEN	Feb 24 <del>TBD</del> 7 m cruddy run	Feb 25 <del>TBD</del> 4 m	Whatever is feasible 26 m
Feb 26 BodyPump YOGA rpm, Crawford	Feb 27 MITHACAL MILES 6.2 m	Feb 28 <del>EASY RUN (6)</del> rpm BP	Mar 1 RUN (7) RPM	Mar 2 BodyPump 5 m	Mar 3 E NYS Honor Band/us ski? Run (6) 2.3	Mar 4 E NYS Honor Band/us ski? rest	~32 miles 19.5 m

						LONG Run (13) steady effort	
<p>Mar 5 <del>BodyPump</del> YOGA elliptical 1:15</p>	<p>Mar 6 <del>MITHACAL MILES</del> BP ✓ 4m run</p>	<p>Mar 7 <del>EASY RUN (5)</del> rpm</p>	<p>Mar 8 <del>RUN (7)</del> RPM 4.7m run</p>	<p>Mar 9 <del>RUN (5)</del> ✓BodyPump rpm</p>	<p>Mar 10 RRCA Coaching Cert A&amp;S HM Practi miles e, 6 mile goal pa... miles asy (hilly course) <i>1 hr elliptical</i></p>	<p>Mar 11 <del>RRCA Coaching Cert A&amp;S RUN (5)</del> too tired to run th</p>	<p>~31 miles 8.7 miles bad training week!!</p>
<p>✓Mar 12 BodyPump YOGA 4.1 run</p>	<p>Mar 13 <del>MITHACAL MILES</del> rpm elliptical 45 min</p>	<p>Mar 14 <del>EASY RUN (4)</del> 1 hr elliptical</p>	<p>Mar 15 <del>RUN (7)</del> RPM 4.5 run</p>	<p>Mar 16 BodyPump Progression Run... 1 hr prece s 11 8 x 30 seconds</p>	<p>Mar 17 <del>RUN (5)</del> 9.9 run</p>	<p>Mar 18 <del>LONG Run (14)</del> steady effort 2 mile run</p>	<p><del>~37 miles</del> 21.5 miles</p>
<i>&amp; too much baking and school work to do what I planned. annoyed w/ cold weather so prece too much.</i>							
<p>✓Mar 19 BodyPump YOGA</p>	<p>Mar 20 <del>Intervals: 3 x 1 mile at 10k pace with 3 minutes rest, 2 x 3/4 mile at 5k Pace with 1/4 mile jog</del> 3 miles</p>	<p>Mar 21 <del>EASY RUN (6)</del> 5.6 miles</p>	<p>Mar 22 Run (8) 3... minutes rest, then 30 seconds hard with 60 seconds rest RPM <i>6.1 miles of work</i></p>	<p>Mar 23 BodyPump <del>RUN (6)</del></p>	<p>Mar 24 <del>HM Practice 6 miles easy, 6 miles at goal pace, 2 miles easy (hilly course) 11:10:15</del></p>	<p>Mar 25 <del>Run (6)</del> 4 miles recovery</p>	<p><del>~41 miles</del> 29.7 miles</p>
<p>Mar 26 BodyPump YOGA Intervals 1m w u 3x1000, recovery 1m cd I pace → rpm</p>	<p>Mar 27 <del>Intervals: 3 x 1 mile at 10k pace with 3 minutes rest, 2 x 3/4 mile at 5k Pace with 1/4 mile jog</del> rpm</p>	<p>Mar 28 <del>EASY RUN (6)</del> Travel NYC</p>	<p>Mar 29 <del>RUN (7)</del> RPM NYC</p>	<p>Mar 30 BodyPump Progression Run: 5 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest</p>	<p>Mar 31 <del>Tremblant travel</del> Tremblant Mar 31 Rest</p>	<p>Apr 1 <del>Tremblant</del> Apr 1 EASY RUN (10)</p>	<p>~31 miles</p>
<p>Apr 2 BodyPump YOGA</p>	<p>Apr 3 Intervals: 3 x 1/2 mile at 10k pace with 2 minutes rest, 3 x 1/2 mile at 5k pace with 1/4 mile jog</p>	<p>Apr 4 EASY RUN (5)</p>	<p>Apr 5 4 miles, 3-4 minutes rest, then 4 x 30 seconds hard with 60 seconds rest RPM</p>	<p>Apr 6 REST</p>	<p>Apr 7 MS Musical EASY RUN (3)</p>	<p>Apr 8 MS Musical Skunk Cabbage 13.1</p>	<p>~27 miles</p>